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225+

Thai MASSAGE





American STYLE Techniques

" Floor stretching with a TWIST "

By
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“ Conform the treatment to the client…Not the client to the treatment ”

“ ANCIENT MASSAGE…TRADITIONAL THAI MASSAGE…THAI YOGA MASSAGE… THAI MASSAGE…THAI MASSAGE/AMERICAN STYLE ”

Different terminology is used in Western languages for ‘Thai Massage’. As ‘Thai Massage’ originally was an Indian yoga massage, it is often nowadays called ‘Thai Yoga Massage’ to highlight this background. To distinguish ‘Thai Massage’ from sex ‘massages’, the term ‘Traditional Thai Massage’ or ‘Ancient Massage’ is widespread. You may also come across ‘Nuad’, ‘Nuat’ or ‘Nuad Phaen Boran’ (differently spelled), the Thai language expressions for ‘Thai Massage’. The tradition was brought to Thailand by Ayurvedic doctors. To honor this line of tradition, we prefer to call it ‘Thai Yoga Massage – Ayurvedic Bodywork’.

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Legal Disclaimer

All models are at least 18 years of age. The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing or receiving a massage, particularly if you are pregnant or nursing, or if you are elderly, or if you have any chronic or recurring conditions. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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RULES AND RECOMMENDATIONS

Always have them fill out a health form (Go over it with them and find out if this style is contraindicated)

Balance (You have to be able to balance your body weight)

Compression (Compressing areas of the body with your hands, fingers, elbows, knees, feet, ect…)

Depth (The depth of pressure is different for everyone)

Even small framed people can perform these techniques

For only some people (Dumb it down for the average American)

Good body mechanics is the key

Holds (compressions and stretches) can last 10-30 seconds

Initiate Good, Slow, Speed (Very slow movements)

Just try it, it won't hurt much

Know the signs of sprains/strains and bone problems

Language: it's like learning a new language to totally understand the true belief of ancient Thai Massage

More than just massage…it's a form of art

Not a substitute for medical care

Organize all of your supplies before you start

Practice, practice and more practice

Quit your whining and get started

Routines (Your own) will help you remember

Start them supine (Start at the feet and work your way up the body), side-lying, prone, and finish with sitting

Time: 50% on the lower body and 50% on the upper body, within a 60- to 90-minute session, vs. the typical two-hour or longer sessions in Thailand

Unilaterally treat each side the same (What you do on one side, make sure you perform the same on the other side)

Vitalize your creativity

Walk on their back with the aid of a chair or something to hold onto

X…

Y…

Z…

THAI MASSAGE BASICS

(A must know for Sports Massage Therapists)

It is really difficult if you haven't had extensive training in Thai massage. This book is great for incorporating stretching techniques on the floor and calling it Thai Massage / American Style gives you a little leeway, so you don't have to concentrate on the medicine aspect of this style. Always 'Water Down' the techniques for the average non-flexible person and always use your balance.

Closely linked

- Thai massage has been called "Yoga for lazy people" or "Thai Yoga Massage."
- Breema is very closely linked with Thai massage (Except that there are few pauses and no force with the techniques).
- Shiatsu is similar to Thai massage, except that it does not involve as much stretching.
- Numerous techniques can be readily adapted to a Shiatsu session or table massage.
- Sports massage Therapists are usually well trained at Thai massage.

The six key points of Thai Massage

1. **Yoga –** An ancient Indian science of holistic health dating back thousands of years. Yoga means "union," yoga is a science which brings us in union with the divine. Yogasanas are postures that stretch the muscles, relax the body, calm the mind, and relieve tension. We practice yogasanas, pranayama (breathing techniques), and meditation to prepare ourselves for giving Thai Massage; many yoga stretches are used in Nuad Bo-Rarn. As the recipient receives the benefits of yoga passively, Thai massage has been described as "Yoga that works as massage" or "Yoga for lazy people."
2. **Exercise –** The giver of Thai massage is always moving in a consistent rhythm and simultaneously benefits from the techniques being applied. Nuad Bo-Rarn is a form of exercise toning both the giver and the receiver.
3. **Meditation –** Thai massage is given in a meditative state and from the principle of compassion. The rhythmic manipulations of Thai massage provide a haven for a natural response towards deep meditation.
4. **Reflexology –** Thai massage acts not only as a kind of "passive yoga" but also as a form of reflexology; focusing on the feet, hands, ears and face.
5. **Acupressure –** In Nuad Bo-Rarn we work on the energy lines (called Sen Lines) of the body to relieve tension and blockage so that the energy can flow freely. These lines are similar to the meridians followed in the Chinese system of acupuncture but more closely resemble the "nadis" of the Ayurvedic system from India. The acupressure points are worked using the thumbs, elbows, fists, and heels.
6. **Healing Art –** The combination of yoga, reflexology, and acupressure make Thai massage a very unique healing art which integrates mind, body, and spirit; thereby improving overall health and well-being.

Techniques

The techniques of Thai massage are applied very, very slowly. Thai Therapists are encouraged to realize that it is impossible to be working too slowly as long as there is some movement. Thai Massage is a combination of gentle rocking, range of motion, acupressure, reflexology, energy work, pressure applied to energy lines and points and compression and decompression of joints and stretching (Passive yoga). Techniques are always applied in a rhythmic manner, with rolling or circular application rather than direct focused point pressure as in other systems.

In Thai massage, it is not just the hands that are used; but also the Therapist's feet, forearms, knees, and elbows are used as well. The Therapist will use his or her body weight to achieve a greater stretch. No oil is ever used. Begin with the feet, and then you work up the legs, to the stomach, back and arms. Finally, you end at the head and neck, having gradually relaxed everything.

Positions

- Side lying
- Prone
- Supine (Most of the Tx is spent Supine)
- Sitting

Pressure points

The various pressure points on the body are as essential to Thai Massage as the energy lines. These points are akin to the pressure points in Chinese acupressure, the basis of the concept being similar, but the working of the pressure points in Thai Massage is much less specific and all on the exterior. The Therapist presses these points to achieve a state of relaxation in the patient. This is done because the points within the body build up levels of stressed energy that must be relieved. The Therapist is taught to work the area of each pressure point, after pressing, by applying a broader pressure using the thumb, the finger, or the palm and moving in a circular motion.

Contraindications for Thai massage:

- Thai massage is unsuitable for anyone with a serious heart condition or high blood pressure that is not under "control".
- Thai massage is unsuitable for those with osteoporosis or very brittle bones.
- Thai massage is unsuitable for those who have had spinal fusions or an artificial joint such as a hip or knee replacement.
- Thai massage is unsuitable for those with lymphatic cancer.
- Thai massage is unsuitable for those with hemophilia or phlebitis.

Treatment

The massage is preformed on a floor mat with the receiver wearing loose, comfortable clothing. The work is very rhythmical and meditative. The massage is usually given in silence. Mimic each stretch identical on the other side of the body. The treatment can last from two to three hours.

The whole idea of Thai Massage is the working of the entire body. The Therapist too is trained to think in terms of the "whole body" concept, and not just yours. The pressure we have been referring to, an essential part of the Thai Massage Method is the natural and balanced pressure applied to a patient by the Therapists whole body and body weight. Rather than applying pressure that originates from the Therapists finger, thumb or palm, the Therapist always works with straight arms and a straight back so that the strength and balance of applied pressure comes directly from the weight of his body. This makes the art of Thai Massage a more controlled engagement of the Therapist's senses and physical applications, and it is a feature that makes Thai massage so unique.

Thumbs

Much of the work in Thai massage is done with the thumb (Southern style). This is particularly true for applications intended to affect the energy lines and pressure points of the body. The Therapist will always work with the ball of the thumb, not the tip. This is related to pressure application using a balanced weight. The ball of the thumb can be used in a much more therapeutic way because it covers a larger area and because the pressure applied comes from the whole arm, not a levered pressure that would come from the tip of the thumb.

In work that requires the fingers, the Therapist uses a circular motion rather than a direct pressure from the finger tip. The principle here is related to that in using the ball of the thumb rather than the tip, but the fingers bring in another dimension to Thai Massage. Above it was said that the bones are never worked on directly. They are not, but they are worked indirectly. One way is by the working of the area around the bones; another is the use of the fingers moved in a circular motion over the bone. In all facets of Thai Massage where the fingers are used, a very light soothing pressure is applied by moving the fingers in a circular motion.

Contraindications

The average American needs the watered down version of Thai massage (We are generally less flexible). Not everyone is flexible, so the Therapist has to design the treatment for the client. Adjust the stretch to the client, not the client to the stretch.

Energy lines

The working of the energy lines is the most fundamental aspect of the Thai Massage, but both before and after the working of these lines the Therapist is trained to apply palm pressure to the legs, the arms, and the back for the purpose of body relaxation. The palm pressure applied is not a hard press, nor is it the rough sort of working you might receive in other types of massage. In Thai Massage the palm pressure is intended to both loosen up and relax. Traditional Thai massage is based on an energetic paradigm of the human body/mind. Energy is thought to travel on pathways throughout the body called Sen, with specific points of energy on these pathways called nadis. Thai massage moves energy freely along these pathways, thereby facilitating balance and health.

SUPINE #1


A.

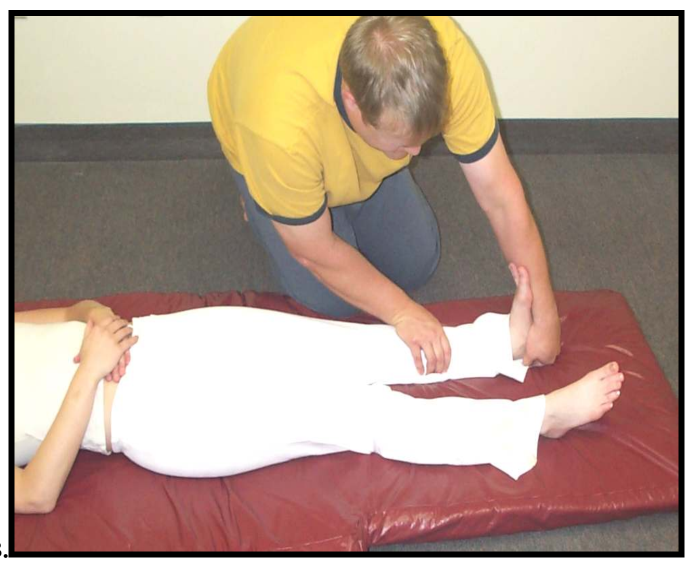
B.

A. Overlap feet and compress
B. Compress both feet (Plantar flexion)


A.

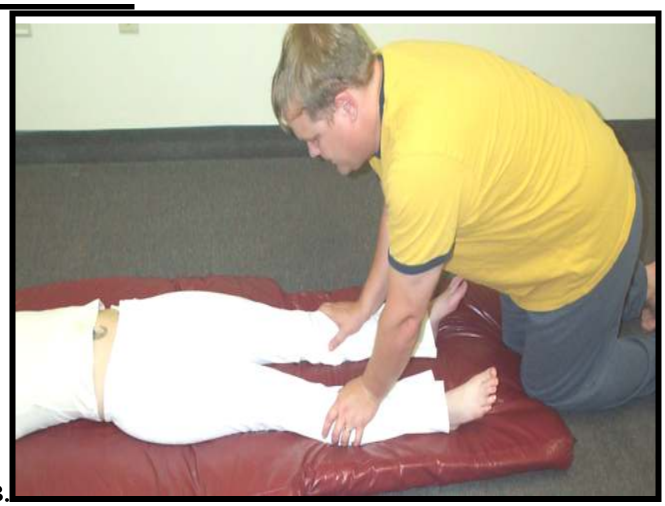
B.

A. Hold foot and extend toes
***Hold foot and flex toes**
B. Place your fingers between their toes and stretch

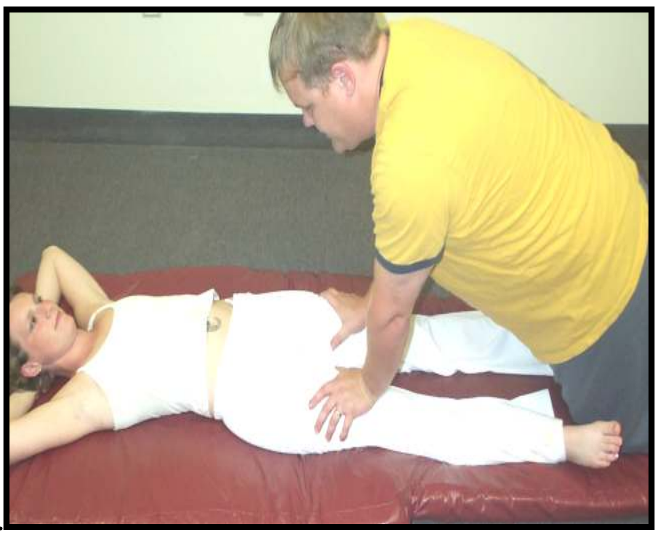
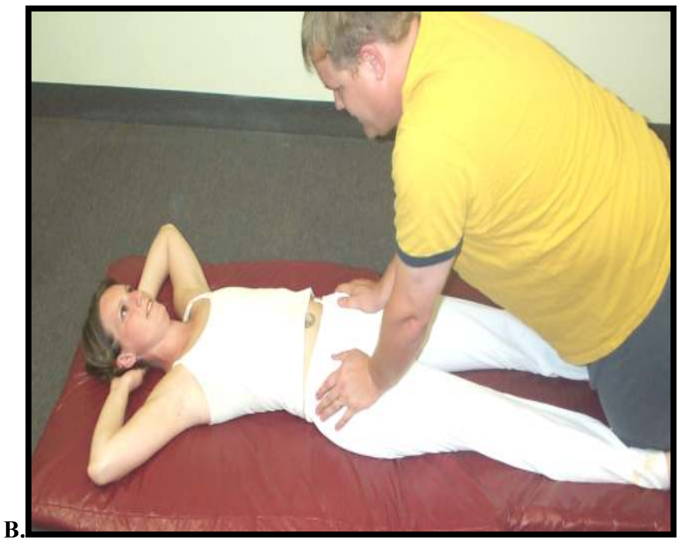

A.

B.

A. Twist foot in opposite directions
B. Compress shin region, cup heel and use your body weight to dorsiflex the ankle

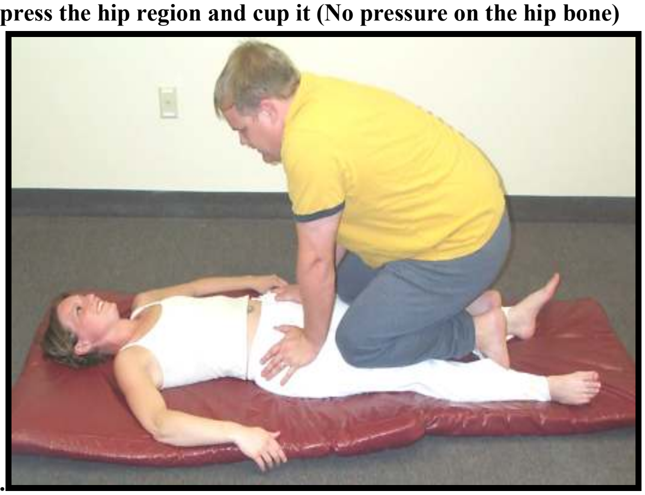
SUPINE #2

A. 
B. 

A. Compress quad region, cup heel and use your body weight to dorsiflex the ankle
B. Compress the shin region (No pressure on the tibia)

A. 
B. 

A. Compress the quads
B. Compress the hip region and cup it (No pressure on the hip bone)

A. 
B. 

A. Knees on quads, compress the hip region and cup it (No pressure on the hip bone)
B. Knees on quads and compress the shoulder region

SUPINE #3

A.

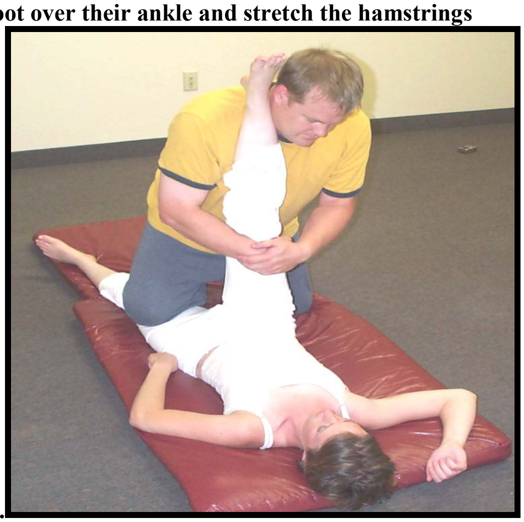

B.


A. Externally rotate both hips and compress the adductors
***Only abduct the legs and compress the quads**
B. Use your feet to adduct the legs and compress the quads
***Externally rotate the hips and compress the adductors**

A.


B.


A. Compress the quad and use your knee to compress their calf region
B. Overlap your foot over their ankle and stretch the hamstrings

A.


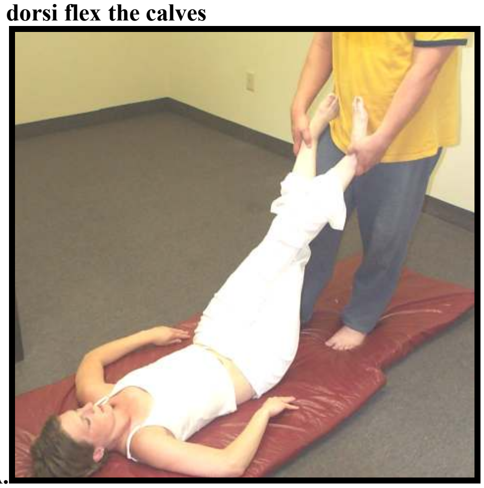
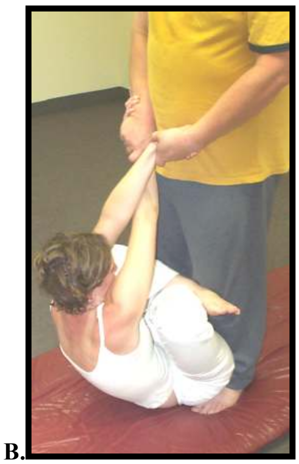
B.


A. Compress their quads with your knee and compress their quads while you stretch their hams
B. Hold onto their ankle and traction

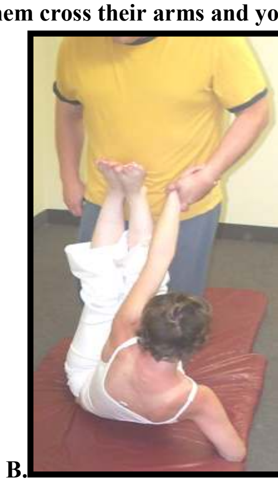
SUPINE #4

A. 
B. 

A. Hold onto their ankle and traction while you are rotating the leg in different positions
B. Make sure legs are straight and dorsi flex the calves

A. 
B. 

A. Overlap both legs and traction
B. Have the client cross both legs (Have them sit on your feet) and have them cross their arms and you pull towards you

A. 
B. 

A. Have the client straighten both legs (Have them sit on your feet) and have them cross their arms and you pull towards you
B. Have the client straighten both legs (Have them sit on your feet) and you pull one arm towards you

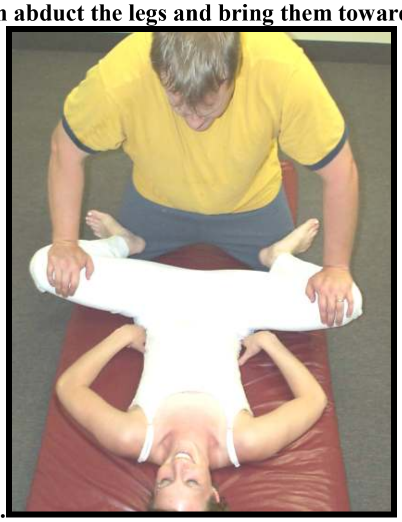
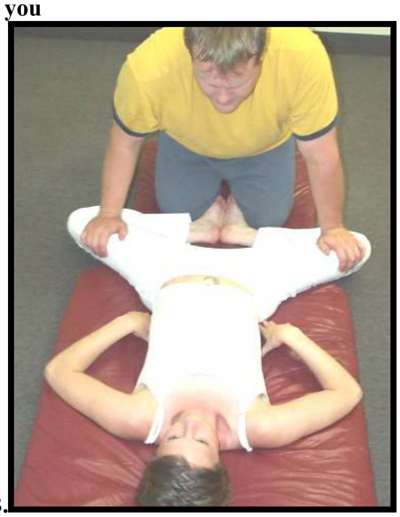
SUPINE #5

A. 
B. 

A. Place their ankle below their knee, then cup heel and perform dorsiflexion with your forearm (Bring their flexed knee backwards
B. Abduct their legs, cup heels and perform dorsiflexion with your forearms

A. 
B. 

A. Abduct legs (Knees slightly bent) and compress medial side of their knees
B. Your knees in their glutes then abduct the legs and bring them towards you

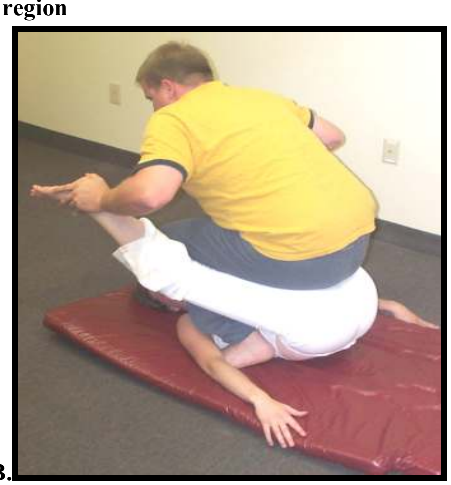
A. 
B. 

A. Abduct their legs and place their feet on your quads (Knees slightly flexed) and compress medial side of their knees
B. Externally rotate hips (Knees slightly bent) and compress adductors

SUPINE #6

A. 
B. 

A. Externally rotate hips (Knees slightly bent) and dorsiflexion ankles with your forearms
B. Externally rotate hips (Knees slightly bent) and compress their shoulder region

A. 
B. 

A. Externally rotate hips (Knees slightly bent) and pull ankles down while compress your knees on their hams
B. Externally rotate hips and sit on their glutes

A. 
B. 

A. Externally rotate hips and compress their feet towards the floor
B. Externally rotate hips and compress their hams/glutes with your knees

SUPINE #7





Step #1 – Flex their knees and rest their feet on your knees
Step #2 – Lean your body weight back and lift their knees



A.

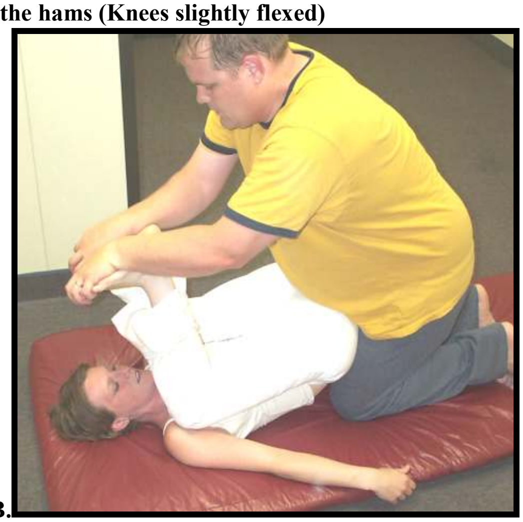


B.

A. Pull their legs at a 45 degree ankle
B. Their glutes and low back are resting on your quads while you stretch the hams (Knees slightly flexed)



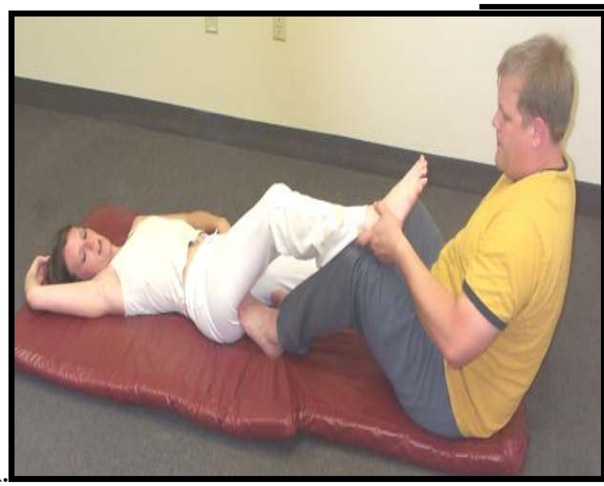
A.



B.

A. Their glutes and low back are resting on your quads while you stretch the hams
B. Their glutes and low back are resting on your quads while you dorsiflexion their ankles (Knees bent)

SUPINE #8

A.  B. 

A. Use your toes to compress their upper ham and pull their ankle towards you
B. Have their hip externally rotated (That foot under their hams) and compress their shoulder and adductors

A.  B. 

A. Compress their hams (Knee slightly bent) with your foot and traction both legs
B. Place your feet under their glutes (Try to lift with your toes) and traction both legs

A.  B. 

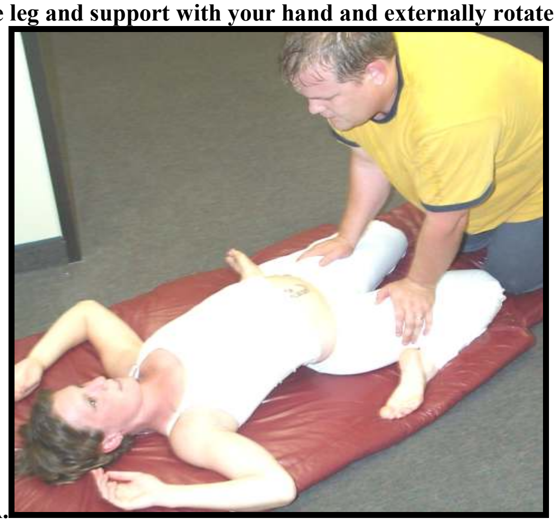
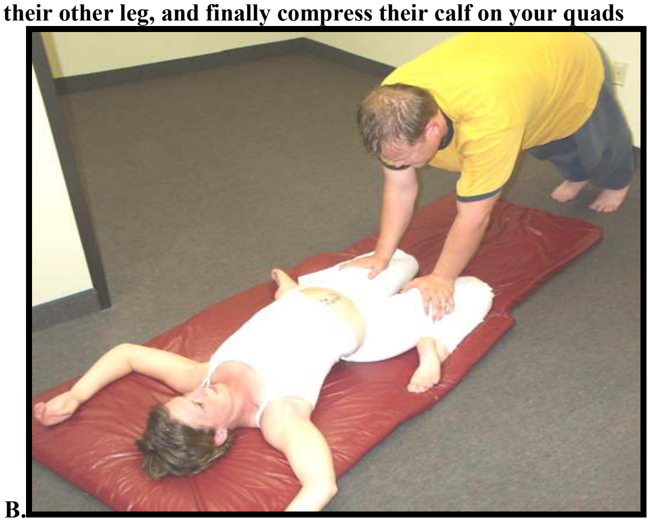
A. Compress their quads with your knee and flex their other knee with pressure on their shin (Not on tibia)
B. Flex one of their knees and rotate out, then compress rotated knee with your hand on their quad, and finally abduct the other leg with your foot

SUPINE #9

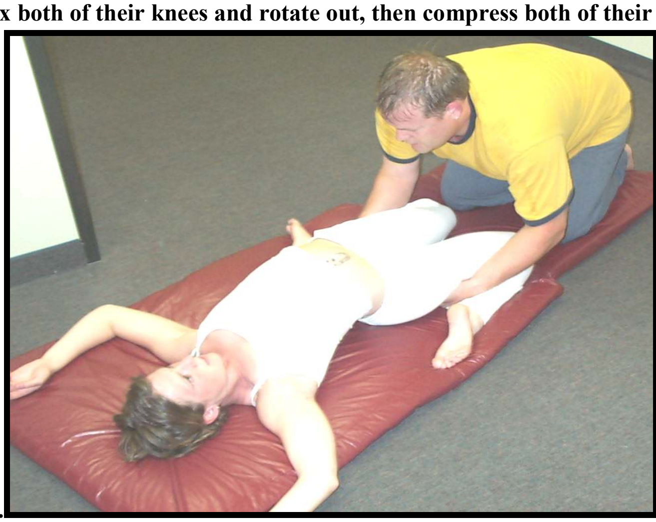

A.

B.

A. Flex one of their knees and rotate out, then compress rotated knee with your hand on their quad, and finally abduct the other leg with your foot and place your other hand on their shoulder region
B. Abduct one leg and support with your hand and externally rotate their other leg, and finally compress their calf on your quads


A.

B.

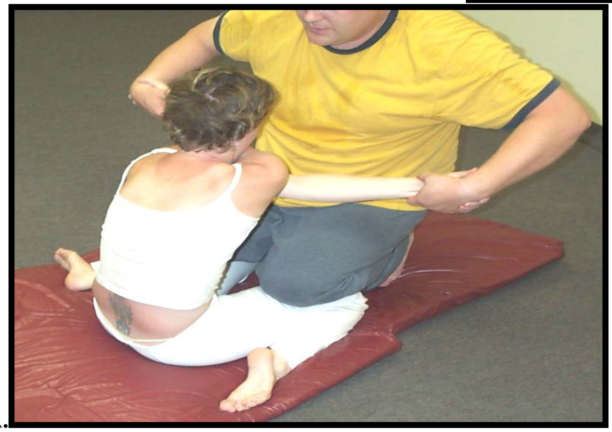
A. Flex both of their knees and rotate out, then compress both of their quads
B. Flex both of their knees and rotate out, then compress both of their quads (Perform a push-up for more pressure)


A.

B.

A. Flex both of their knees and rotate out, then compress both of their hams and calves
B. Flex both of their knees and rotate out, then compress both of their quads with your knees and compress their shoulder region with your hands

SUPINE #10


A.


B.

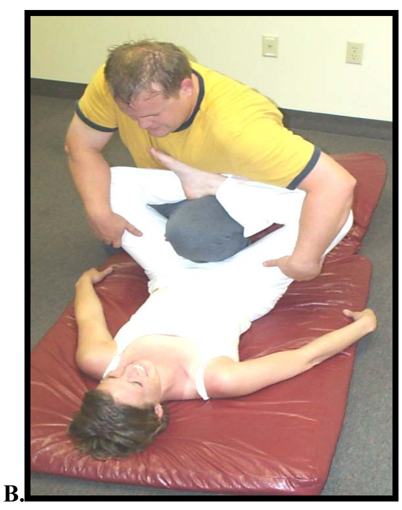
A. Flex both of their knees and rotate out, then compress both of their quads with your knees and cross their arms while you pull them towards you
B. Flex their knee and compress their abductors and medial side of their knee at the same time


A.


B.

A. Place your knee under their back of their knee and place your hands on their quads and pull towards you
B. Place your foot in between their legs and externally rotate one leg (Knee slightly bent) and use your one forearm to compress both of your calves together


A.


B.

A. Compress their calf on your quads while you compress their hip region (Not on the hip bone)
B. Externally rotate both hips and compress one of their adductors

SUPINE #11

A.  B. 

A. Externally rotate both hips and compress one of their adductors; your hands are compressing their shoulder region
B. Place your feet under their low back and compress their shoulder region

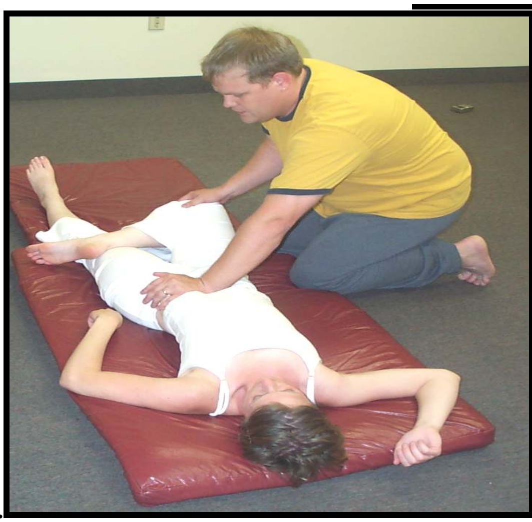
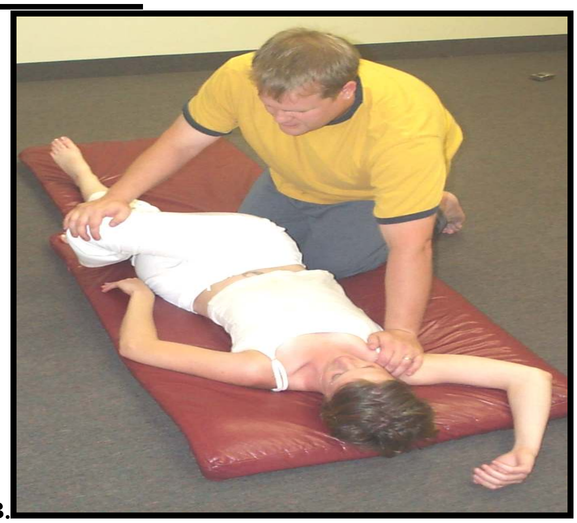
A.  B. 

A. Flex their knee while you are compressing their hams with your knee and compress their shoulder region with your other knee
B. Rotate one leg other the other leg (Knee slightly bent) and compress their glutes with your knee and compress their shoulder with your hand

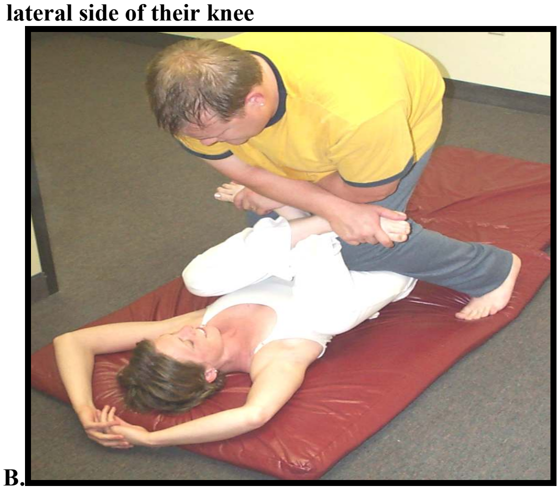
A.  B. 

A. Rotate one leg over their other leg and pull towards you (Your knees are their for support)
B. Rotate one leg over their other leg and push towards them

SUPINE #12

A.  B. 

A. Place one other their legs over their quads and compress their medial knee and opposite hip (No pressure on hip bone)
B. Place one leg over their other leg and compress on their shoulder and lateral side of their knee

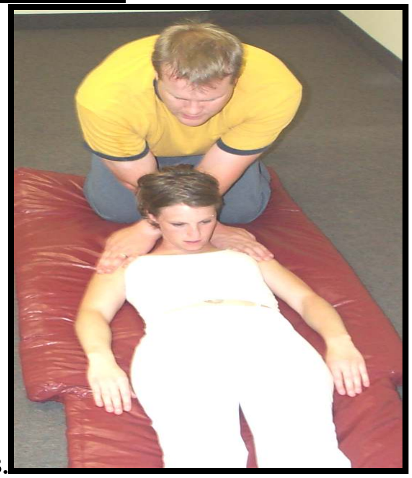
A.  B. 

A. Overlap your ankle other their ankle and their other foot compresses your shoulder region while you lean into them, and finally compress both shoulders
B. Overlap both of their ankles and compress both of the hams while you plantar flex their ankles

A.  B. 

A. Lift under their back and rest your elbows/forearms on your quads
B. Externally rotate their hip (Knee slightly bent) and compress their adductors and traction their opposite arm towards you

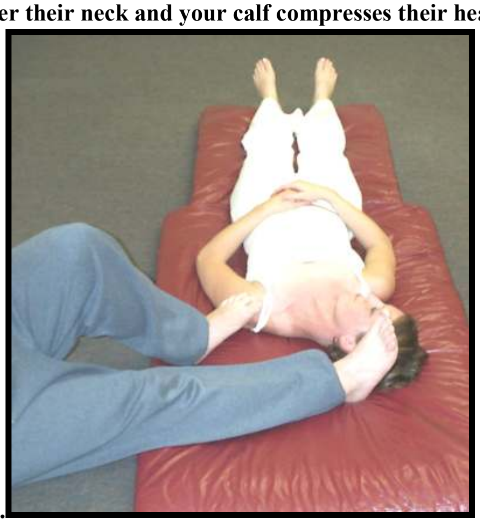
SUPINE #13

A. 
B. 

A. Cross one of your arms and place your hand on their shoulder and use your other hand the compress towards the floor
B. Cross both of your arms and compress their shoulders while you use your forearms to flex the neck

A. 
B. 

A. Place one hand on their forehead and the other one over their jaw, then traction
B. Place your shin under their neck and your calf compresses their head back

A. 
B. 

A. Push their shoulder towards their feet and bilaterally flex their neck with your feet
***Cross your legs and perform the same technique**
B. Wrap your pinkies between their pinky/ring finger and thumb/index, then wrap all three fingers of yours under their hand, and finally spread with your thumbs

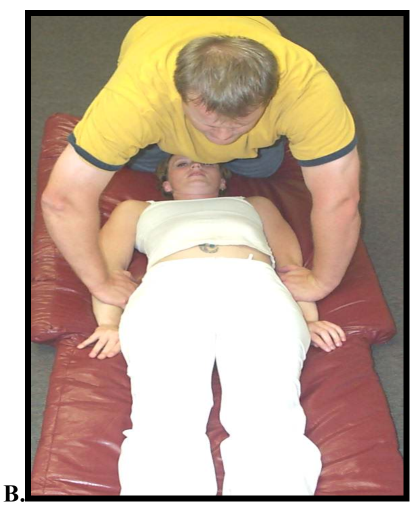
SUPINE #14

A.  B. 

A. Wrap your pinkies between their middle/index fingers and middle/ring fingers, then place two fingers between their thumb/index fingers and one finger between their pinky/ring fingers, then wrap the rest of your fingers under their hand and spread with your thumbs
B. Place their palms on your knees and pull their forearm towards you

A.  B. 

A. Place their palm on your knee and pull their forearm towards you
B. Interlock your hands with their hands and pull towards you

A.  B. 

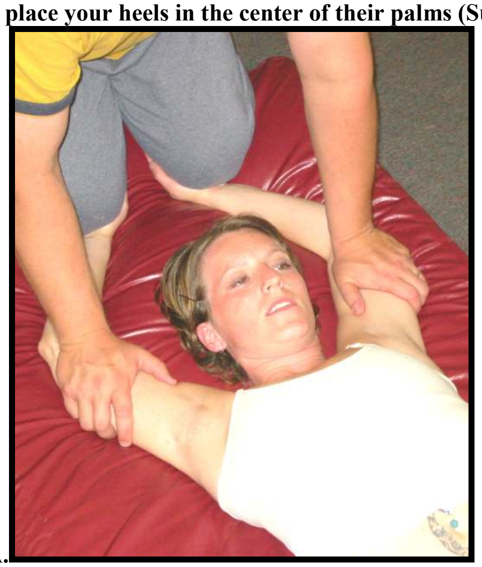
A. Internally rotate both arms and compress tricep region
***Externally rotate both arms and compress bicep region**
B. Internally rotate both arms and compress extensor region
***Externally rotate both arms and compress flexor region**

SUPINE #15


A.

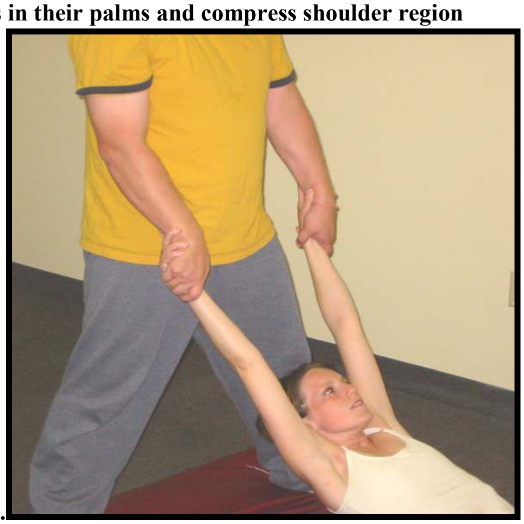

B.

A. Place both of their arms behind their back and compress their shoulders
B. Palms facing up and place your heels in the center of their palms (Support your body weight)


A.


B.

A. Place your knees in their palms and compress bicep/tricep region
B. Place your knees in their palms and compress shoulder region


A.


B.

A. Interlock each others wrists and traction
B. Have them cross their hands and interlock each others wrists and traction

SUPINE #16

A. 
B. 

A. Flex their elbow and rotate their wrists (Palm on the mat) and compress their tricep region
B. Place your toes under their upper back (Try to lift your toes up) and interlock each others wrists and traction

A. 
B. 

A. Compress their abdomen area (Not a lot of pressure) and traction their leg and arm (Same side)
B. Compress their abdomen area (Not a lot of pressure) and traction their leg and arm (Opposite side)

A. 
B. 

A. Traction their leg and arm, then compress their hip region (Not on the hip bone, just below)
B. Traction their leg and arm, then place one of your legs under their low back (Try to lift their lower back)

SUPINE #17

A.  B. 

A. Flex their torso and compress their glute region (Not for everyone)
B. Flex their torso region and compress their calf region with your knees while performing traction on their arms (Not for everyone)

A.  B. 

A. Flex their torso region and compress their calf region with your knees while performing compression on their glute region with your elbows (Not for everyone)
B. Flex their torso and hold down their ankle region (Not for everyone)

A.  B. 

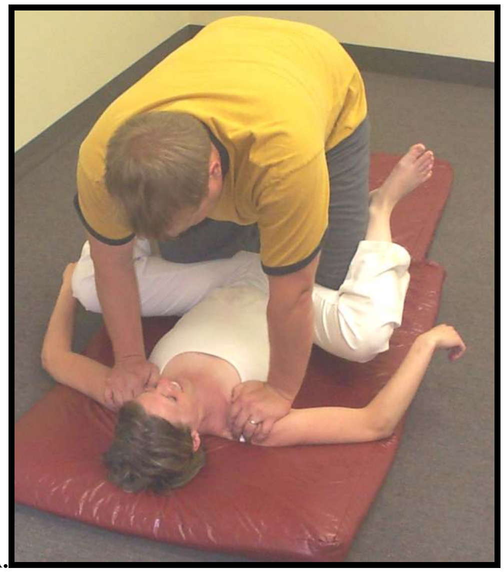
A. Externally rotate their hips (Knees slightly bent) and cup their heels while you are performing dorsiflexion with the ankles (With your forearms)
B. Bring their leg over and compress their hip and shoulder region

SUPINE #18


A.

B.

A. Bring their leg over (Support it with your shin) and traction their opposite arm towards you
B. Compress their hams your knee (Their knee slightly bent) and externally rotate/abduct the other leg


A.

B.

A. Your knees on their adductors/hams and compress their shoulder region
B. Your knees on their adductors/hams and compress their adductors with your hands


A.

B.

A. Your knees on their hams and dorsiflexion their ankles
B. Their hams on your quads and compress their quads

SIDE LYING #1


A.

B.

A. Bring their leg over their other leg and traction their opposite arm and compress their hams with your knee
B. Bring their leg over their other leg, then compress their glutes (With your knee) and compress your hands on their other glute and shoulder


A.

B.

A. Abduct their leg (Support it with your stomach region) and traction opposite arm
B. Abduct their leg and cup heel, and then perform dorsiflexion with your forearm


A.

B.

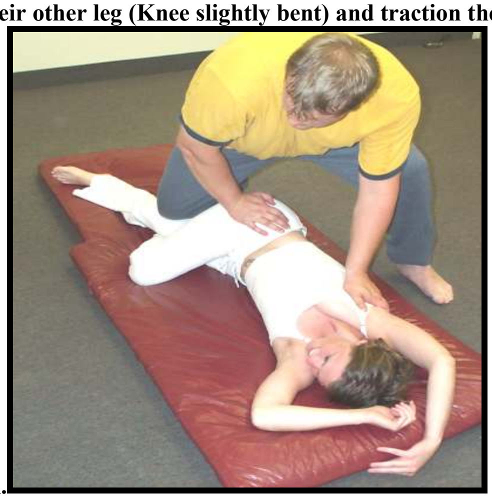
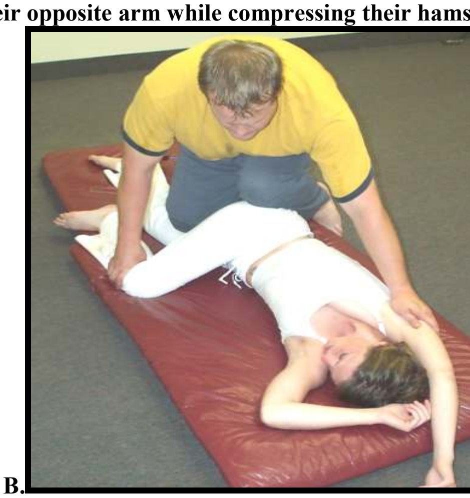
A. Abduct their leg (Support it with your stomach region) and compress their shin region (Not the tibia)
B. Abduct their leg (Knee slightly bent) and compress glute region with your knee and wrap your arm under ther leg and pull their back to the floor

SIDE LYING #2

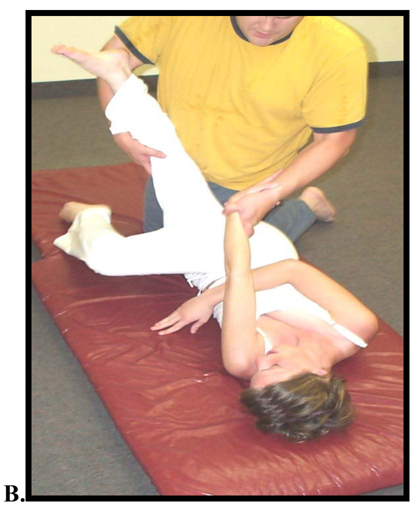

A.

B.

A. Traction their arm and leg, then compress your foot just below the hip bone
B. Bring their leg over their other leg (Knee slightly bent) and traction their opposite arm while compressing their hams with your knee


A.

B.

A. Bring their leg over their other leg (Knee slightly bent), then compress your knee in their adductors, and compress shoulder region to the floor
B. Bring their leg over their other leg (Knee slightly bent), then compress your knee in their adductors and the other knee in their hip region, and compress shoulder region to the floor


A.

B.

A. Lift bottom leg straight up and compress shoulder region to the floor
B. Lift bottom leg straight up and traction bottom arm towards you

SIDE LYING #3


A.

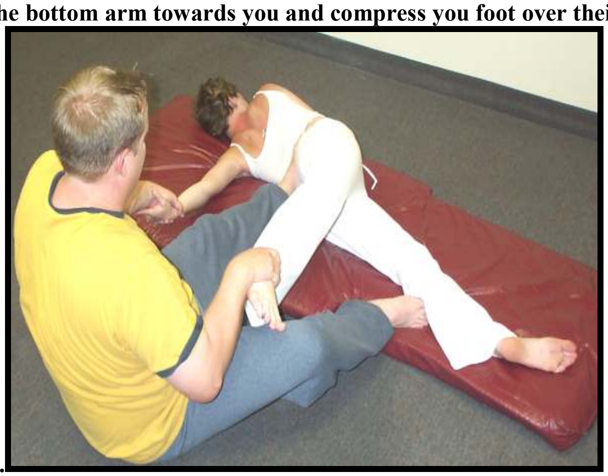
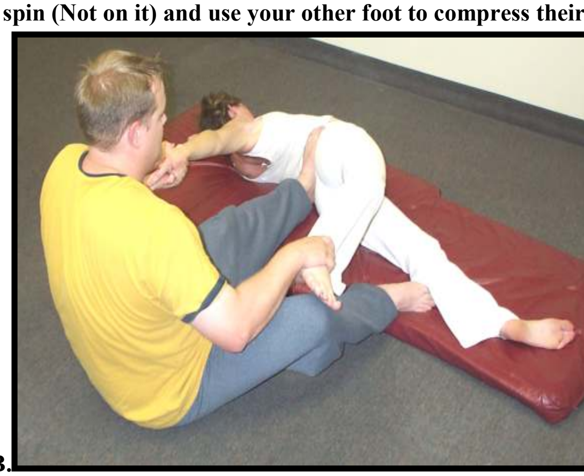
B.

A. Lift bottom leg straight up and compress hip region
B. Traction both arms towards you and compress you foot over their spin (Not on it)


A.

B.

A. Traction both arms towards you and compress you foot over their spin (Not on it) and use your other foot to compress their hams
B. Traction the bottom arm towards you and compress you foot over their spin (Not on it) and use your other foot to compress their hams


A.

B.

A. Traction the bottom arm towards you and compress you foot over their spin (Not on it), while you are performing traction to the top leg (Towards you)
B. Traction the top arm towards you and compress you foot over their spin (Not on it), while you are performing traction to the top leg (Towards you)

SIDE LYING #4

A.  B. 

A. Traction the top arm towards you and compress you foot in their glute region, while you are performing traction to the top leg (Towards you)
B. Traction the bottom arm towards you and compress you foot in their glute region, while you are performing traction to the bottom leg (Towards you)



Traction the bottom arm towards you and compress you foot in their glute region, while you are performing traction to the top leg (Towards you)

PRONE #1

A. 
B. 

A. Compress their arch region with your knuckles
***Use your heels to compress their arch region (Picture didn't turn out)**
B. Use your knees to compress their arch region while compressing their calf regions with your hands

A. 
B. 

A. Use your knees to compress their arch region while compressing their hams with your hands
B. Use your knees to compress their calf regions while compressing their hams with your hands

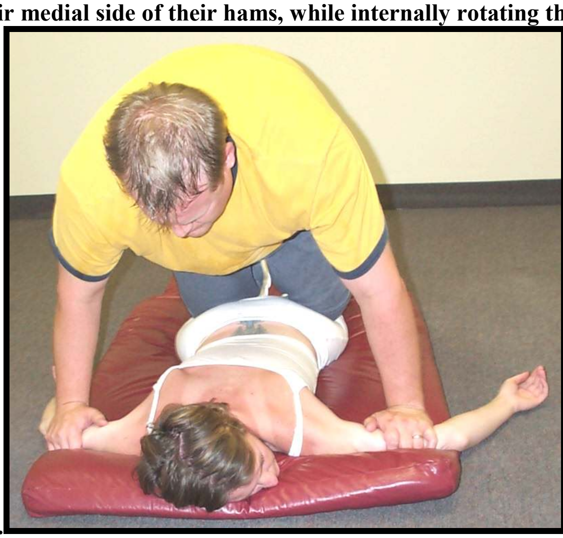
A. 
B. 

A. Use your knees to compress their hams while compressing their glutes with your hands
B. Use your knees to compress their glutes while compressing their shoulder region with your hands

PRONE #2

A. 
B. 

A. Compress their medial side of their calves, while internally rotating the legs
B. Compress their medial side of their hams, while internally rotating the legs

A. 
B. 

A. Use your knees to compress their glutes while you are compressing their bicep/tricep regions with your hands
B. Use your knees to compress their glutes while you are compressing their flexor regions with your hands

A. 
B. 

A. Use your knees to compress their glutes while you are compressing their palms with your knuckles
B. Use your knees to compress their glutes while you are compressing the sides of their spine with the ulna side of your hand

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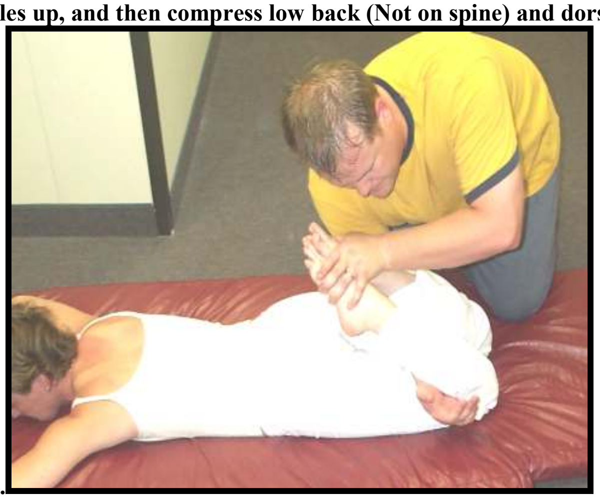
PRONE #3

A.  B. 

A. Use your knees to compress their glutes while you are extending the neck
B. Compress the lower back and compress the shoulder

A.  B. 

A. Flex both of their knees and plantar flex their ankles
B. Raise ankles up, and then compress low back (Not on spine) and dorsiflex ankles with your forearms

A.  B. 

A. Flex both of their knees, with your arm on their hams/calves and plantar flex their ankles
B. Compress glute and compress shin region (Not the tibia) on your quads

PRONE #4

A. 
B. 

A. Flex one of their knees, with your arm on their hams/calves and plantar flex their ankles
B. Cross their leg over (Compress their ankle into their hams/calf region) and compress the lower back (Not the spine)

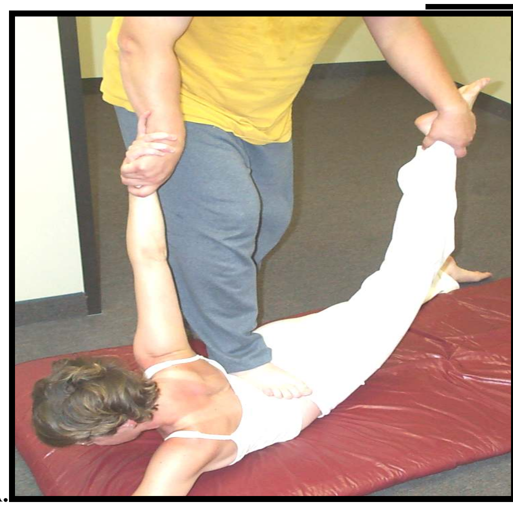
A. 
B. 

A. Cross their leg over (Compress their ankle into their hams/calf region) and compress the lower back (Not the spine), and finally bring their foot towards you
B. Cross their leg over (Compress their ankle into their hams/calf region) and compress the lower back (Not the spine), and finally bring their foot straight up (Your hand under their knee)

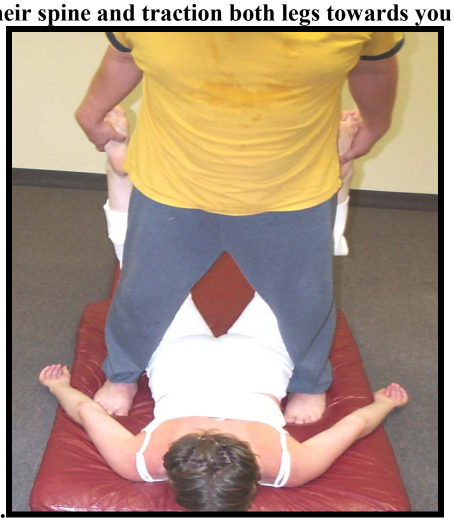
A. 
B. 

A. Compress their glute region and lift the legs up
B. Compress the glute region with your knee and lift the ankle up

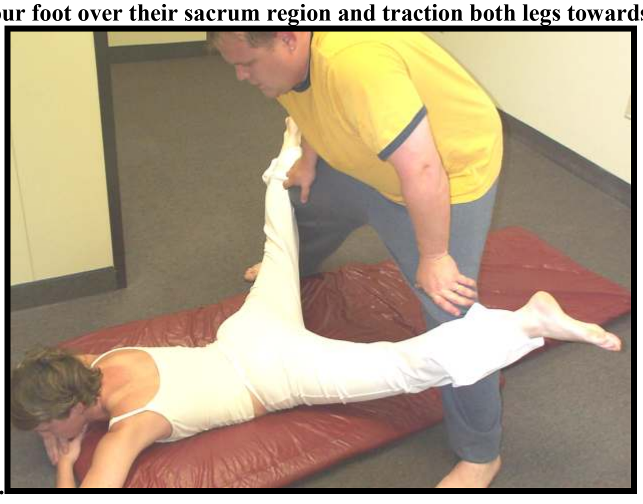
PRONE #5

A. 
B. 

A. Place your foot over their spine and traction opposite arm/leg
B. Place your foot over their spine and traction both legs towards you

A. 
B. 

A. Traction both legs up
B. Place your foot over their sacrum region and traction both legs towards you

A. 
B. 

A. Abduct both legs and have their adductors rest on your knees
B. Abduct both legs and have their adductors rest on your knees and then traction both arms towards you

PRONE #6


A.

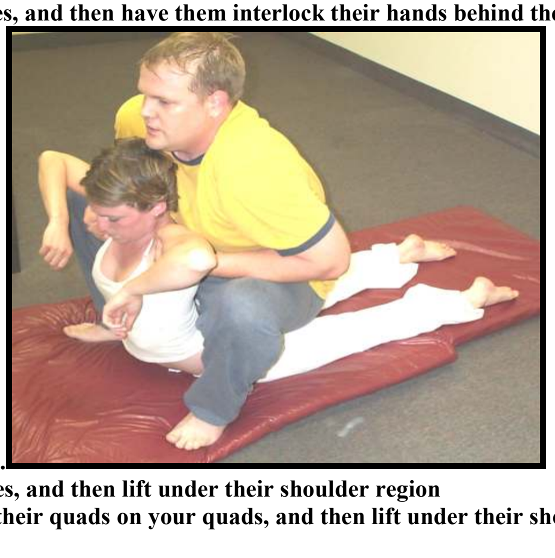
B.

A. Abduct both legs and have their adductors rest on your knees and then traction both arms (Crossed) towards you
B. Have their knees rest on your knees, and then cup heels while performing dorsiflexion on their ankles with your forearms


A.

B.

A. Have their calves rest on your quads and support their knees with your hands (Don't sit on them for this)
B. Sit on their glutes, and then have them interlock their hands behind their head and lift under their triceps


A.

B.

A. Sit on their glutes, and then lift under their shoulder region
B. Have them rest their quads on your quads, and then lift under their shoulder region (COBRA)

PRONE #7

A.  B. 

A. Have them rest their quads on your quads, and then interlock wrists and traction arms (COBRA)
B. Have them place their ankles up, then sit on their feet and interlock wrists and traction arms

A.  B. 

A. Externally rotate their hips and place your feet in between them, then interlock wrists and traction arms
B. Sit on glutes and lift up legs

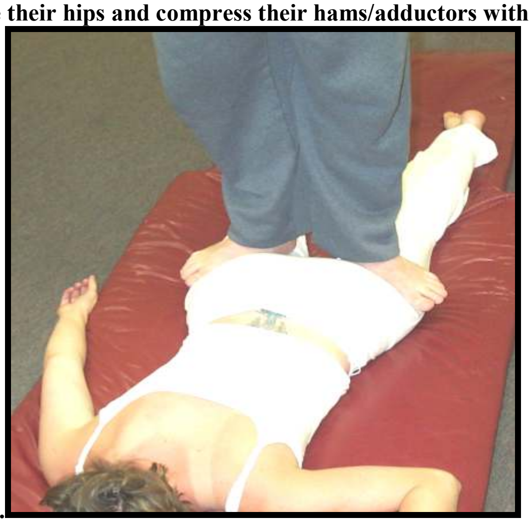
A.  B. 

A. Externally rotate their hips and compress their abductors with your knees, while you are compressing their low back region
B. Externally rotate their hips and compress their abductors with your knees, while you are compressing their upper back region

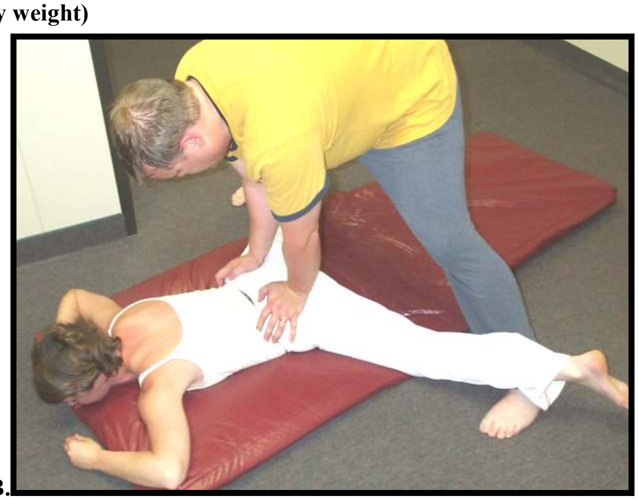
PRONE #8

A. 
B. 

A. Externally rotate their hips and compress their abductors with your knees, then interlock wrists and traction arms
B. Externally rotate their hips and compress their hams/adductors with your shins, then interlock writs and traction arms

A. 
B. 

A. Get your balance and compress hams with your feet (Support your body weight)
B. Get your balance and compress glutes with your feet (Support your body weight)

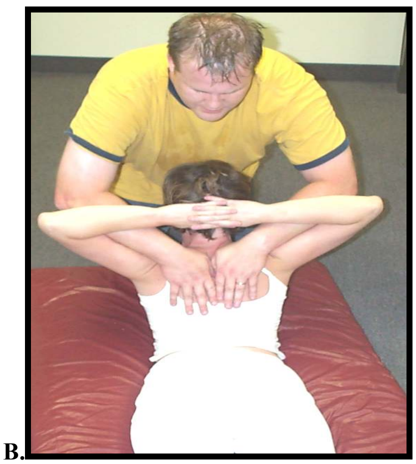
A. 
B. 

A. Get your balance and compress hams with one foot and the other foot over the lower spine (Your arch is over the spine) (Support your body weight)
B. Abduct the legs with your shins and compress their glutes

PRONE #9

A.  B. 

A. Compress your knees in their glutes/hams and interlock wrists and traction arms
B. Compress your knees in their glutes/hams and reach under shoulder and pull towards you

A.  B. 

A. One hand behind their head and compress their upper back while you are compressing the elbow region
B. Have them interlock their hands behind their head and place your hands on their upper back and then lift up

A.  B. 

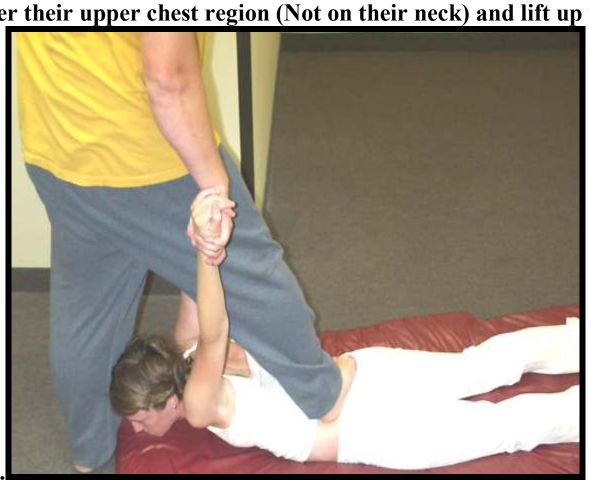
A. Interlock wrists and traction arms
B. Bring their arms back (Compress them together) and lift their arms toward their head while compressing their low back region

PRONE #10


A.

B.

A. Wrap your arm over their upper chest region (Not on their neck) and lift up while compressing glute/low back region
B. Wrap your arm over their upper chest region (Not on their neck) and lift up while flexing both knees


A.

B.

A. Compress low back (Your arch is over their spine) and traction arms
B. Bring legs towards you while compressing their side


A.

B.

A. Compress their feet on your hips
B. Compress on their medial side of their lower leg

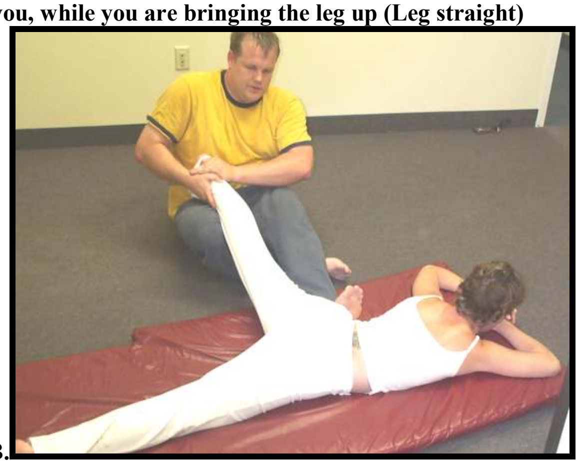
PRONE #11

A. 
B. 

A. Compress their hams with your foot and traction their other leg
B. Compress their side with your foot and traction their arm towards you

A. 
B. 

A. Bring your arm under their arms and try to bring them together while you are bringing the leg up (Knee slightly bent)
B. Bring your arm under one of their arms and try to bring it towards you, while you are bringing the leg up (Leg straight)

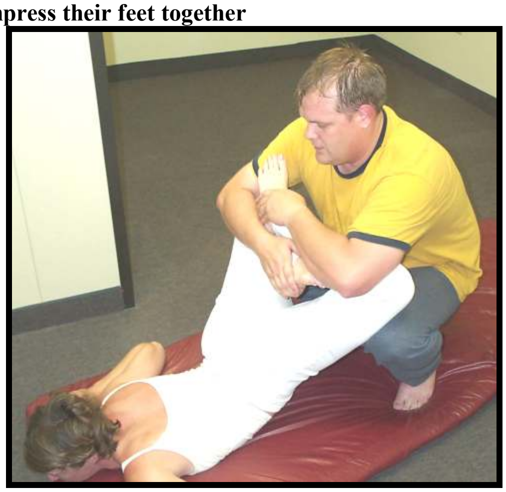
A. 
B. 

A. Compress their lower back and lift leg straight up
B. Compress with your foot just below hip bone and traction leg towards you

PRONE #12

A.  B. 

A. Compress with your foot just below hip bone and traction leg/arm towards you
B. Have their quads rest on your knees and compress their feet together

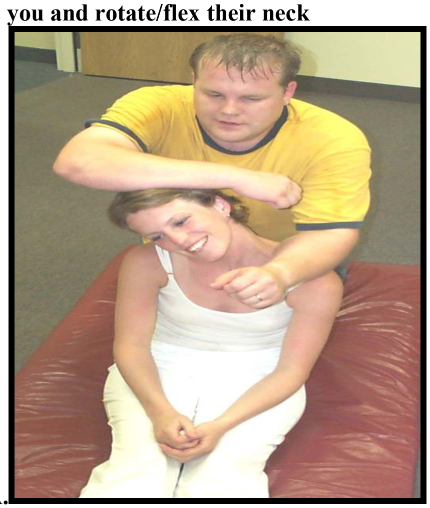
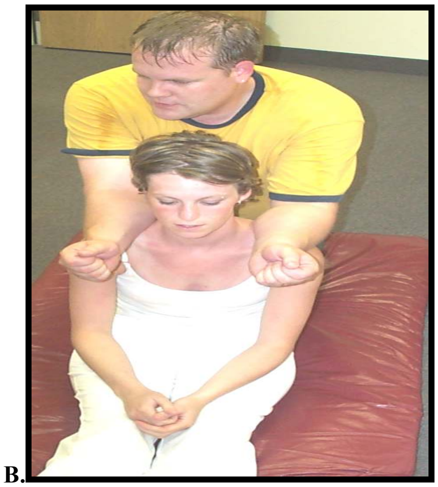


***Have their quads rest on your knees and cross their feet together**

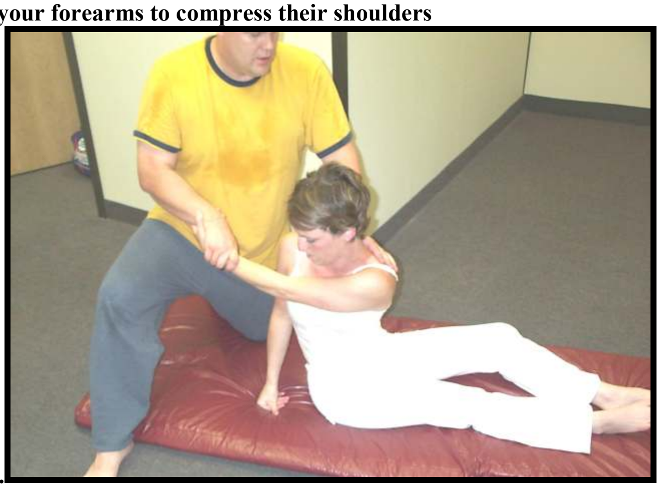
SITTING #1

A. 
B. 

A. Traction their arm towards you and bilaterally flex their neck
B. Traction their arm towards you and rotate/flex their neck

A. 
B. 

A. Use your forearms to compress their shoulder and side of their head
B. Use your forearms to compress their shoulders

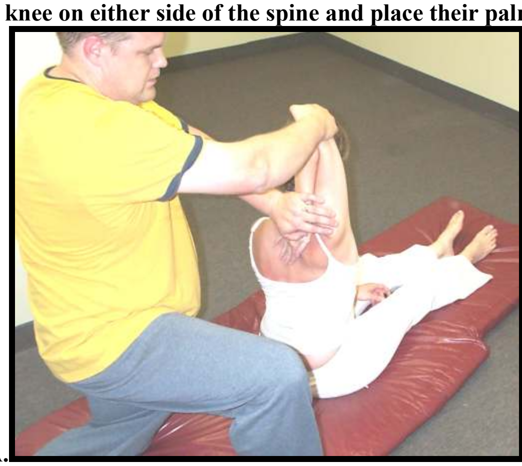
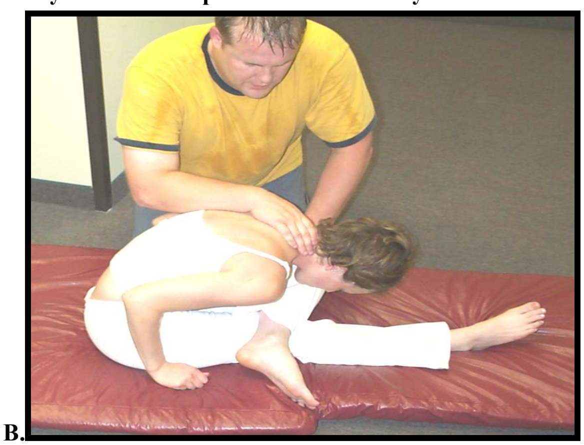
A. 
B. 

A. Traction arm and push upper back (Twisting their torso)
B. Compress their shoulder and push the other shoulder (Twisting their torso)

SITTING #2

A.  B. 

A. Compress your knee on either side of the spine and bring arms tow
B. Compress your knee on either side of the spine and place their palms on your knee and pull elbows towards you

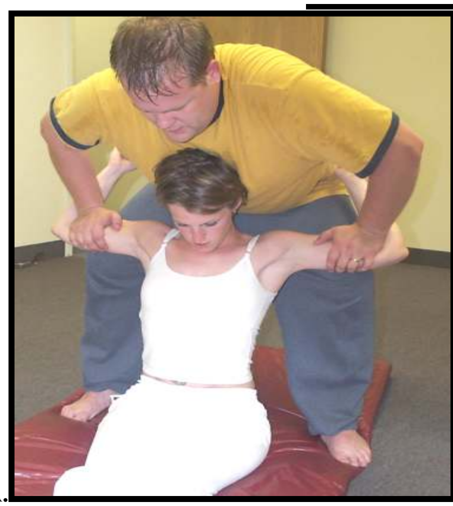
A.  B. 

A. Flex their elbow and raise it up, then place their hand on their upper back region and pull their elbow towards you
B. Have them cross one leg over the other leg (Ankle resting on their quad) and compress their upper back

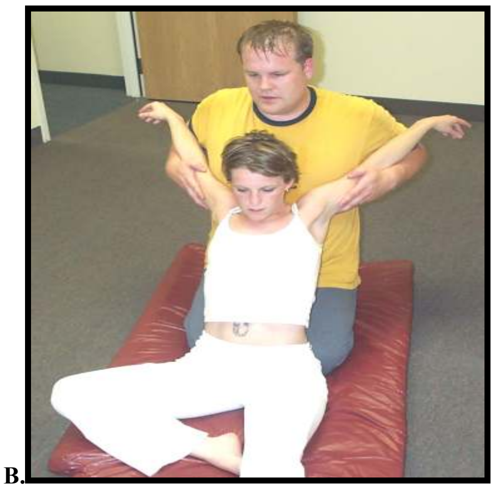
A.  B. 

A. Have them cross their legs and support their neck while you push their abductors
B. Have them cross their legs and traction opposite arm while their other hand is resting on their head and then push the bicep region

SITTING #3

A.  B. 

A. Compress their bicep/tricep region into your quads
B. Hold elbow region and traction arms up

A.  B. 

A. Bring elbows together and lift arms up while you compress their back
B. Compress bicep region and pull them back onto you

A.  B. 

A. Have them interlock their hands behind their head and go under their arms and hold their hands while bringing their elbows toward you
B. Have them place one hand behind their head and compress shoulder while you bring their arm back

SITTING #4

A.

B.


A. Have one leg straight and the other one externally rotated (Knee slightly bent) and compress their upper back
B. Externally rotate both legs (Knee slightly bent) and compress their upper back

A.

B.


A. Interlock both of your arms under their arms and compress their upper back while you bring their arms up
B. Their legs are straight and compress their upper back

A.

B.


A. Place your feet under their glutes and traction their arms back (Try to lift them up with your toes)
B. Compress the sides of their spine with your feet and traction their arm
***Walk the back with your feet**